

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 February 2013

Mayor's Corner



One of my memorable moments as Mayor from 2012 was naming John Noble as the Senior of the Year. It was a true honor for me to have an opportunity to recognize such a special individual. John is a 1942 graduate of Marlborough High School, fought courageously in the

Battle of the Bulge during World War II, and returned home and became one of our city's most reputable and well respected business leaders.

This year, I once again have the privilege to honor another senior who has demonstrated a steadfast commitment to enriching our community.

If you know of a Marlborough senior deserving of this honor and recognition, I urge you to consider nominating him or her. The only requirements for the nomination are:

- a) the nominee must be a resident of Marlborough
- b) must be 90 years of age or better
- c) have a history of community service to the City of Marlborough

Nomination forms can be picked up at the Senior Center at any time. The deadline for returning your nomination form is March 15th. If you have any questions you may call COA Director Jennifer Claro 508-485-6492.

Marlborough has always been and will continue to be fortunate to have so many dedicated people working to make us a stronger community. Thank you in advance for your efforts to help recognize and acknowledge one of these outstanding individuals!

Sincerely,

Men's Event

Our popular and growing Men's group will enjoy speaker

Captain Thom Kenney
who will speak on his experience in Afghanistan
at a luncheon sponsored by Marlborough Hills

on Feb. 26th at 12:45

Each month over 30 men gather for a good time with new as well as old friends. There is an array of personalities that encompasses this lively group and you will find this eclectic group of retired gentlemen made up of a School Superintendent, engineers, an attorney, a technology specialist, a business salesman, a mechanic, cooks and a few other surprises. So, if you've never come to the Men's group this would be a good program to attend. We are fortunate to have Captain Thom Kenney share his incredible speaking and visual presentation.

CPT Kenney is an eighteen year veteran of the Guard and Reserve, serving eleven years enlisted before earning his commission. CPT Kenney is a branch qualified Engineer and Civil Affairs Officer and is currently company commander with the 443rd Civil Affairs Battalion in Newport, Rhode Island. Most recently in 2011-2012, CPT Kenney was assigned to Task Force Slugger in Wardak Province, Afghanistan, where he was chief of civil military operations under 4th Brigade of the 10th Mountain Division. He has earned the Bronze Star, several achievement and commendation medals from the Air Force, Army and Department of State, was awarded the John J. Levittow award, and was a distinguished or honor graduate from several professional military schools. CPT Kenney is a vice president of engineering and chief technology officer in the civilian world and earned his MBA from the University of Notre Dame. He resides in Sudbury with his wife and two daughters.

Lunch will include: Pasta, meatballs, sausage, salad, garlic bread and a patriotic dessert!

Men, please RSVP to join us at this special event

508-485-6492

News from the Friends of the Marlborough Seniors



**IT'S THE ANNUAL WEARIN' OF THE GREEN
COME JOIN US FOR OUR YEARLY
ST. PATRICK'S DAY CELEBRATORY LUNCHEON
TUESDAY, MARCH 12, 2013 at 12:30 p.m.**

**SPONSORED BY
COURTYARD BY MARRIOTT, 75 Felton Street**

*Entertainment provided by
The McMurphy's*

*A traditional Irish meal will be served with
Corned beef, cabbage, potatoes, corn bread, apple crisp
& beverage cart*



Sponsored by



Fitzgerald & Collins Funeral Home

**\$10.00 FOR MEMBERS -
\$12.00 FOR NON-MEMBERS**

**CALL THE SENIOR CENTER
508-485-6492 TO SIGN UP AND
LET US KNOW IF YOU
REQUIRE TRANSPORTATION**



MAHJONG IS BACK



If you play, or have ever wanted to learn how to play, **Mahjong** - an ancient Chinese game - please join us on **Mondays at 1:45** in our craft room.

Excellent teachers are here to help you learn and plenty of friends to socialize with.

If you already join us for the Blue Plate Special stop by and check it out.

To sign up please call or come down to the Senior Center 508-485-6492

Hope to see you there!



A Thank You

The COA board extends a warm thank you to the many helpers who made the Christmas Luncheon possible:

The Intel volunteers for the professional way they served the individual tables assigned to them. The guests enjoyed the special individual attention!

Jeanne McGeough for obtaining the beautiful poinsettia centerpieces donated by Edinboro Florists and given to a lucky person at each table.

Richard Collins for donating the generous gift certificates to Price chopper.

Peggy Cahill for the overall planning, set-up, decorating and cleanup to perfection.

Leslie Biggar for the great work making the delicious sundaes and cookie platters.

All of the set-up and clean-up crews, the COA staff and Logan Harrington for their efficient help in all areas that resulted in a very special Holiday party!

The Board of Friends of Marlborough Seniors

would like to announce its newly elected Board Members and Officers. The Annual Meeting and Election were held on Thursday, January 10, 2013 at the Senior Center.

The 2013 Board would like to thank outgoing Officers and Members: Judy Jewett, President; Peg Cahill, Vice President; and Dick Mahoney, Board Member.

Their valued efforts continue to be appreciated by Marlborough Seniors.

The 2013 Board of Friends of Marlborough Seniors: Officers:

President: Tammy Pozerycki
Vice President: Angela Rossetti
Treasurer: Barbara McGuire
Clerk: Melissa Esteves

Board Members at Large:

Debbie Beausoleil
Peg Bouvier
Sarah Condon
Gretta Holland
Matthew Jones
Joe Tunnera
Lydia Whitcomb

The Board of Friends of Marlborough Seniors along with Council on Aging Board will be working together to create a productive and successful year. Please stay tuned for announcements about our efforts to improve the lives of Marlborough Seniors throughout the year.

From the Director



With the cold weather infringing, sometimes getting out and about can be a difficult decision. However, once you layer your clothes and heat your car, the hardest part is almost done. Please know that we have many opportunities for almost everyone to find enjoyment and warmth here at your senior center. This month we have put together some different and fun things we hope will capture everyone's interest such as a new watercolor class, a trip to Hebert's for candy making and sundaes, Men's luncheon with Capt. Thom Kenney, a fieldtrip to the Kennedy Library with lunch, Valentine Dinner and Dance, Latino Computer Club and, tax preparations with AARP. We also have twelve different exercises classes you can participate in for a voluntary donation of \$3, including the Monthly Book Club, weekly Monday lunches, Computer Club, a weekly Tuesday Movie Time w/ Peg Bouvier, Thurs. AM Walk-In Wellness Clinic, Cribbage, Mahjong and more. So, come be active and try something new that perhaps you have not participated in before.

Speaking of enjoying, I would like to thank **Gretta Holland** from **Christopher Heights** for our homemade chocolate chip cookies we enjoy each first Friday of the month and **Whitney's Place** recent donation of cookies and coffees for various programs and functions. We are fortunate to have such supportive partners in our Marlborough community who continue to remember the Senior Center. Also, don't forget about our upcoming **St. Patrick's Day luncheon** which is being sponsored by the **Courtyard By Marriott** with the menu including Corned Beef, cabbage, potatoes, corn bread, apple crisp and beverage cart. Also, we are thrilled to have the popular band **The McMurphy's** sponsored by **Fitzgerald and Collins Funeral Home**. Two of our newest Council on Aging Board members have been planning this special St. Patrick's Day. We are glad to have **Jeanne McGeough** and **Richard Collins**. If you have not met them, please look for them at the St Patrick's Day Luncheon.

Before closing, I would like to say congratulations to the New Friends Board of Directors and Officers. They are as follows: **Tammy Pozerycki**, President, **Angela Rossetti**, Vice President, **Barbara McGuire**, Treasurer, **Melissa Esteves**, Clerk and Board Members at Large: **Debbie Beausoleil**, **Peg Bouvier**, **Sarah Condon**, **Gretta Holland**, **Matthew Jones**, **Joe Tunnera** and **Lydia Whitcomb**. I also would like to thank outgoing Friends Board Members **Judy Jewett**, President, **Peggy Cahill**, Vice president and **Dick Mahoney**, Board member for their long-standing and dedicated service to this important Council On Aging Board.

Jennifer



A Sweet Valentine Treat

Candy crafting fun and sundaes at
Hebert Candy Mansion
where handcrafted chocolates have been
made since 1917.

Come enjoy decorating your own chocolates for that special valentine and treat yourself to the Sundae bar with over 50 toppings to choose from.

Join us on
Thursday, February 7th
here at the Senior Center at 1:00 as we depart for
a sweet, festive time with friends.

This Sweet Valentine trip is \$10.00 and
transportation will be provided.

RSVP at the Senior Center 508-485-6492

Join us on a trip to the Kennedy Library February 22nd, 10:30 am – 4:00 pm



Join us on a visit to the Kennedy Library. Located on Columbia Point, the Library and Museum are set on a ten acre park landscaped with pine trees, shrubs and wild roses reminiscent of the landscape of Cape Cod familiar to President Kennedy.

Through the library's three theaters, period settings and 25 dramatic multimedia exhibits, we will enter the recreated world of the Kennedy Presidency for a "first-hand" experience of John F. Kennedy's life, leadership and legacy.

Some of the exhibits we will enjoy include: "The Cuban Missile Crisis," "The Campaign Trail," "The Briefing Room," "The Space Race," "The Oval Office," "First Lady Jacqueline Bouvier Kennedy," and "The Kennedy Family" as well as a collection of 20,000 objects and works of art.

The cost of the trip is \$50.00 and includes transportation, admission to the museum and a bag lunch of your choice: Roast Beef & Cheddar on a Deli Roll, Turkey & Cheddar on Whole Wheat or Fresh Tomatoes, Mozzarella & Pesto on Ciabatta

Sign up at the Senior Center (508-485-6492)
if you are interested in joining us for
this fun and informative day.



MOVIE TIME with Peg Bouvier

**Every Tuesday at 1:00 PM is
movie day at the Senior Center**

Popcorn & refreshments are served and you don't have to stand in line. Where else can you find a good movie and be served those favorite movie snacks?

**This month's movie selection include
the following:**

February 5th Daddy Long Legs

February 12th Something's Gotta Give

February 19nd The Lucky One

February 26th The Fifth Quarter

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, February 19th at 11:00 a.m.

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time are 12,
so please drop by the Senior Center front desk
to sign up.

BOOK CLUB

Come join Sheila Brecken and others who enjoy reading and discussing a good book.



**The Book Club meets at Academy Knoll on the
3rd Tuesday of the month at 1:00PM.**

For February 19th
Maine
by J. Courtney Sullivan

If you want to get ahead on your reading, the book for March 19th is Saving CeeCee Honeycutt: A Novel by Beth Hoffman, and for April 16th we will be reading Guilty Wives by James Patterson.

Please feel free to join this
fun group of book lovers.

For more information call: 508-485-5580

There will be a

FRIENDLY VISITORS MEETING

WEDNESDAY, FEBRUARY 13th AT 9:00 A.M.

AT THE COFFEE LOFT

406 Lincoln Street, Marlborough



Computer Club

All welcome!

**Friday, February 1st, 8th, 15th & 22nd
at 1:00 PM**

**At the Marlborough Senior Center
250 Main Street, Marlborough**



Outreach Department

Ana Cristina Oliveira

“Help! My new Part D Plan doesn’t cover all my medications!!”



If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about ***transition refills***. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan’s formulary *OR* that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover *OR* filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the new plan. Also, a transition refill does NOT apply to drugs that Medicare doesn’t require Part D plans to cover.

If you are in the same plan as last year, you ***may*** still be able to get a transition refill if your plan removed a drug you had been taking in 2012 from its 2013 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

Trained SHINE (Serving **H**ealth **I**nformation **N**eeds of **E**lders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

New online service allows people to conduct business with Social Security without having to visit a Social Security office or make a phone call, and to get faster service.

As of January 14, services available with a ‘My Social Security’ account have been expanded. Using this online account, more than 60 million people who receive Social Security or Supplemental Security Income (SSI) may now immediately request **and** receive benefit verification letters online. Last year, almost nine million benefit verification requests were processed.



This benefit verification letter serves as proof of income to secure loans, mortgages and other housing, and state or local benefits. Additionally, people use the letter to prove current Medicare health insurance coverage, retirement or disability status, and age. People can print or save a customized letter.

Beneficiaries now also have access to their payment history and earnings record. In addition to the benefit verification letter, Social Security beneficiaries can now start or change their direct deposit, and change their address using their *my Social Security* account.

In addition, the web site also includes links to information about other online services, such as applications for retirement, disability and Medicare.

For more information, please pick up a copy of the press release from the Social Security Administration in the Senior Center Lobby, or visit **www.socialsecurity.gov/myaccount**

NEWS FROM VOLUNTEER OUTREACH

**** SUSAN MAKI ****

Bullying- Not for Kids Only

Imagine for a minute that you are moving into Elder housing. You live in your own home, but your kids are gone, your spouse has passed away, and the house is too much for you to deal with at this point in your life. You move into a building that predominantly houses elders, hoping that you will make new friends, and attend some of the activities taking place at the nearby Senior Center. Imagine your surprise when you discover that cliques are as pervasive as they were in high school, people seem to whisper as you walk by, and ignore you when you say hello. So you retreat, spending most of the time in your apartment, feeling lonely and depressed; afraid to go out and face the daily taunts. This is a situation that is happening on a daily basis at 240 Main St, as well as other elder facilities in Marlborough and across the nation.

Bullying has been recognized for many years as a problem among children and youth in school systems. Bullying among the older generation looks surprisingly similar to bullying among younger age groups. A definition of peer bullying is "asserting one's will to intimidate, embarrass, or humiliate others." It is an intentional, negative behavior to gain power or control. Evidence is mounting that points to the fact that, while we grow older, we don't necessarily "grow up." The cattiness and aggressive behaviors of our youth are not automatically erased as the years accumulate.

Both men and women can bully, but women tend towards passive-aggressive behavior, while men are more "in your face," or sometimes take a physical approach to their bullying.

Bullying often stems from the strong picking on the weak. People often become more and more uniquely themselves as they age. Chances are if you were kind of a nasty, selfish person throughout your adulthood, you are probably going to continue with these personality traits as you age. Childhood behavior problems continue throughout adulthood. It's the "once a bully, always a bully" phenomenon.

Some bullying behaviors include repeatedly making fun of others, excluding them from meals or card games, or criticizing hair, clothes or disabilities. Sharing resources, such as chairs, tables, TV stations, or staff attention can also result in bullying behavior.

Individuals who are bullied are significantly impacted by their peer's negative behavior. This may result in reduced self-esteem, overall feelings of rejection, depression, increased physical complaints, changes in eating and sleeping, etc. **Bullying is not the fault of the victim.** Bullies feed off negative emotions because deep down some feel inferior or insecure about themselves. Making others feel bad is the only way they can raise their self-esteem.

Incidents at Senior housing and Senior programs in Marlborough have made us painfully aware that bullying is a real problem. There are solutions that everyone in this situation should be aware of.

- If you or a loved one are being victimized by bullies, discuss it with your Senior Center Staff, such as Ana Christina, Outreach Worker, Susan Maki, Social Services and Volunteer Coordinator, or Jennifer Claro, Director. **We are here to help YOU but we can't help unless you come see us.** Also, remember what you speak about to our Senior Center staff is confidential; we appreciate you entrusting our staff with such personal and sometimes hurtful information.
- Also, consider talking to the Housing Supervisor, or family member, and be prepared to cite specific instances.
- Develop a support network.
- Try to be kind, gentle, and understanding to the bully. Turn the other cheek if possible.
- Sometimes, however, the only thing you can do in a bullying situation is walk away.

The Senior Center is here to help. Get out of your apartment. Come join us on Monday's for lunch, play bingo, take part in fitness, art and other educational classes, join up with the monthly Book Club, movie group, or Computer Club or join us for one of our many day trips. We look forward to seeing you at these and other activities and remember we are here for YOU.



Throw me a Moon Pie, Mister!

Although we are not in the French Quarter in New Orleans we can still enjoy the spirit of

Fat Tuesday at the Epicurean Room on Tuesday, Feb. 12th at noon.

Come enjoy some good Cajun cooking with Red Beans and Rice, Gumbo, Peel and Eat shrimp, Crab Boil with new potatoes, corn on the cob, Andouille sausage and much more.

To join this Mardi Gras time please wear your purple, green or gold, or wear your own Mardi Gras costume. (Remember that we are not in New Orleans, please) and the best costume will win complimentary tickets to any Tuesday special luncheon hosted at the Epicurean Room.

**We have 40 seat available for this
Mardi Gras of a good time.**

Cost \$7.00 and tips is on you.



A GREAT BIG THANK YOU!

We would like to thank Mark Gibbs, the IT Director for the City of Marlborough for his very popular computer seminar on

Internet Safety and Introduction to Windows 10

Many of you have requested another class with Mark on Windows 10 which will be coming in March...

so please stay tuned!



Marlborough Community Cupboard announces expanded hours

The Marlborough Community Cupboard is now open on Wednesday evenings from 5 pm to 7 pm.

This is in addition to their daytime hours of Monday, Wednesday & Friday from 9:00 am to 1:00 pm.



Don't miss: "Next Steps"

Our Council on Aging is fortunate to have our local cable show feature "Next Steps" a program highlighting programs, services, and upcoming events for those who are enjoying life over age 60. Please try and catch Next Steps on Comcast Channel 8 or Verizon Channel 34 at the following times:



Sunday @ 11:30am & 8:30pm
Monday @ 10:30am
Tuesday @ 3pm
Wednesday @ 10:30am, 7:30pm, 10:30pm
Friday @ 10:30am, 8:30pm

Also, if you have a suggestion for a program please let Jennifer know at the Senior Center by calling 508-485-6492, ext. 13 or catch Judy Kane coming out of exercise classes.

AARP is back to help with tax returns

We are glad to have AARP back with us to help you with your tax returns for this fiscal year. Tax returns will be done in the Craft Room here at the senior center. Appointments will begin on Wednesday, February 6th and run each Wednesday from 9:00- 12:00 until the last day which is Wednesday, April 10th. Also, for those who have not had their taxes done through the Senior center we need you to bring social security cards for the applicant as well as dependents.

Please don't wait too long to schedule an appointment because we will fill up appointment times quickly with this wonderful volunteer service through AARP.

**To schedule your appointment please call
the Senior Center - 508-485-6492**

2nd Annual Valentine Dinner and Dance

Let's enjoy another wonderful evening together:

When: Monday, February 11th, 2013

Time: 5:00-7:30 P.M.

Where: Holiday Inn and Suites, Marlborough

Dinner Buffet will include the following:

Soup du Jour

Tossed Green Salad

Warm Rolls and Butter

Sautéed Chicken Breast with Wild Mushrooms &

Cracked Black Pepper

Baked Haddock with Lemon Herb Crumbs

Whipped Potatoes

Roasted Corn

Chef's Selection of Pies

Freshly brewed Coffee, Tea and Decaffeinated Coffee

Of course we will have your favorite band

SWAGGER from Intel



Please join us for a fun night of dining,
socializing and dancing.

Tickets may be purchased at the Senior Center for
\$20 for Friends Members
\$24 for Non-Friends Members

**Thank you Barb and BayPath Elder Services for this
much appreciated service to our community.**



Gene and Ruth Gleba were one of several couples and/or individuals that had the opportunity to meet in a one-on-one with nutritionist Barb Gold of BayPath Elder Services.

We were very appreciative of Barb Gold who spent a day at our center consulting with many individuals on their lifestyle and nutrition needs/considerations.

As the Director," I can't tell you how many people came into my office and thanked our COA for having her here and sharing her knowledge and compassion with them." Many stated," I could not have paid a nutritionist for the time and valuable information she gave me today, she is terrific."

We hope to have her back again soon!

New Winter Watercolor classes



**Come join us for this new
artistic and fun class which
meets on Mondays, February
11th, 18th, and 25th & Monday,
March 4th from 1:30-3:30 in our
Craft Room.**

**Lavonne comes highly recommended and can be
found teaching at the Holliston, Hopkinton as
well as other Senior Centers.**

Lavonne Suwalski is a professional artist and teacher. She has won numerous awards and was bestowed the privilege of being a Copley and a Rhode Island Watercolor Society signature member.

Her teaching style is clear and simple, making watercolor understandable even for beginners. Fun and enthusiastic are words that describe this class.

Experienced painters will learn about composition and drawing, while beginners will work on developing their color mixing and basic techniques. Each class begins with demonstrations and is followed by time to practice.

This is a great way to expand your creative side.

MATERIALS LIST

- Water container
- Old towel
- Sponge
- Pencil
- Dish, tray or palette for mixing colors [even a plastic or paper plate can be used]
- Paper 140 cp [cold press] Arches or Waterford or any other cold press 140 paper (I will have watercolor paper for anyone to purchase by the sheet)
- Watercolor Brushes-A variety of sizes [we have brushes at the center for use]
- Paint **Bring what you have or buy a set of tube watercolor** (Maries or Reeves or any tube colors) there are lots of colors very reasonable.

**Donation of \$3.00 for
watercolor class instruction**



Luncheon and Speaker Hosted by Marlborough Housing and Senior Center

For: Housing residents living in senior living communities and participants of our senior center

When: Friday, March 1, 2013 at 11:30

Where: Marlborough Senior Center

Speaker: Marsha Frankel, LICSW, Clinical Director of Senior Services, Jewish Family Service Center, Boston

Topic: Joys and Challenges of Living in Community

Lunch will be provided at no cost and will include your choice of a Chicken, Turkey or Roast Beef Wrap, Chips, Beverage and Dessert

Please RSVP to the Senior Center 508-485-6492



Wednesday Lunch Bunch Health Education and Support Group for the Community

January 30, 2013—Arthritis

Karen Tremblay, Nurse Practitioner at Marlborough Hills, will talk about arthritis, treatments and some self help tips.

February 27, 2013—Hospice

Dr. Charles Rosenbaum and Aseracare will discuss what hospice care is, and isn't.

March 27, 2013—CHF (Congestive Heart Failure), Part 1

Theresa Quinn, RN, BSN, MS, from Marlborough Hospital, will talk about CHF, what it is and ways to manage it.

April 24, 2013 – CHF, Part 2

Theresa Quinn will be back again to talk about the nutritional aspects of managing CHF, and bring some yummy samples!

Lunch Will Be Served.

All meetings are at 1pm in the Fine Dining Room.

**Marlborough Hills Health Care Center
121 Northboro Road, Marlborough, MA 01752
Please RSVP to Nan at 508-485-4040
and specify "Lunch Bunch"**

"Each happiness of yesterday is a memory of tomorrow."

The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

In memory of

Mary Margaret Trudeau
Robert Scott
Genevieve Aseltine



Contributors:

Rita Connors
John & Gloria Drummey
Lydia Whitcomb
Mr. & Mrs. Maxwell Wills
Clyde Johnson
Edward & Joan Beauchemin
Ann Sassi
Dolores Mulvey
Theresa Perry

LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$_____ Make checks payable to: Friends of Marlborough Seniors

In honor/memory of_____

Send acknowledgement to: Name_____

Address_____

City_____State_____Zip Code_____

Donation Name_____ or anonymous_____

From: Address:_____

Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752

Health Services

Wellness Clinic

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

Paraffin Wax Hand Treatments

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

Medical Equipment Loan Program

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508- 485-6492 to check on availability or to donate.

Low Vision Gathering

FEBRUARY 20TH

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemenway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at 978-634-1314.

Friendly Visitor Program

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

Information and Referral

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

Home Delivered Meals (Meals on Wheels)

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

Meals at the Senior Center

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. **\$3.00 donation is requested.**

FISH Volunteer Program

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

LifeLine

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.



Greeting Cards



Your greeting card donations are greatly appreciated. We are sorry however, that we cannot accept or put out greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.).

Council on Aging Staff –

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Sharon Collari	Principal Clerk
Lisa Martino	Bay Path Meals Site Manager

Council on Aging Board of Directors –

Jim Confrey	Chairperson
Sheila Brecken	Vice Chairperson
Brenda Costa	Secretary
Richard D. Collins	
Rita Connors	
Marie Elwood	
Jeanne McGeough	

FISH Volunteer Transportation Program –

Larry Vifquain	Founder
Ellie Harris	Co-Founder
Lynn Anderson	Co-Founder

Friends of Marlborough Senior Officers –

Tammy Pozerycki	President
Angela Rossetti	Vice President
Barbara McGuire	Treasurer
Melissa Esteves	Clerk

Debbie Beausoleil
Peg Bouvier
Sarah Condon
Gretta Holland
Matthew Jones
Joe Tunnera
Lydia Whitcomb

Volunteer Team Leaders –

Peggy Cahill	Bingo
Peggy Cahill	Newsletter
Peg Bouvier	Friends Membership & Movies
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab
Sheila Brecken	Book Club
Judy Jewett	Knit & Crochet
Sheila Brecken	Knit & Crochet
Bob Marcotte	Low Vision



A POPULAR HIT at
the Senior Center

Monday's Blue Plate Special!

For February Jake's and Stevie's will be providing the following tasty meals each week at **12:45 PM**

**Price for meals: \$4.75 for one or
\$8.00 for you and a friend.**

Feb. 4th: Turkey pot pie over buttermilk biscuit
and salad (Jake's)

Feb. 11th: Beef stew and salad (Stevie's)

Feb. 18th: CLOSED FOR PRESIDENTS DAY

Feb. 25th: Pulled Chicken with Mac 'n Cheese &
veggies and salad (Stevie's)

**Meals also include rolls and
butter, dessert and beverage!**

YUM! YUM! YUM!

**Please purchase your tickets at the
Senior Center Office
by Friday-noon prior to Monday's lunch!**

Second Saturday

**Do you need some minor repairs to your home or some extra
helping hands around your home or apartment?**

“**Second Saturday**” is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, Feb. 2, 2013.
Second Saturday date for work is Feb. 9, 2013**

**For the month of February only please call Tina Nolin at
978-618-7168 and leave your name, phone number,
address, and details of the work you are requesting.**

You will receive a call back in a few days.

Marlborough Council on Aging & Senior Center
250 Main Street
Marlborough, MA 01752
Telephone (508) 485-6492
FAX (508) 460-3726

Hours are Monday - Friday 8:00 am to 4:00 pm

NONPROFIT ORG.

U.S. Postage

PAID

Marlborough, MA
 01752
 Permit No. 0081



Foxwoods Fun!



\$23.00 includes trip, bonus package, consisting of
 \$10.00 buffet and \$10.00 coupon.

Pick up and bus departure is at 7:30 AM in front of the
 Senior Center and we return at
 approximately 4:45 PM

Upcoming dates:

Monday, January 7th

Monday, February 11th

Monday, March 11th

Please call Pauline Ordway at 508-485-4677
 for your reservations and more information.

Also enjoy some BINGO on the bus!

**FRIENDS OF THE MARLBOROUGH SENIORS
 MEMBERSHIP INFORMATION**

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2013.

Please fill out this form and mail it to the P.O. Box 358 address below:

"Friends of the Marlborough Seniors"

- ☐ New Membership
☐ Renewal Membership
☐ I would like a bar code card for tracking
 my class and volunteer participation

_____ Individual (\$7.00)

_____ Couple (\$14.00)

_____ Building Fund (\$_____)

_____ Friends (\$_____)

**THIS IS YOUR LAST
 NEWSLETTER
 IF YOU DO NOT RENEW
 BY FEBRUARY 15th!**

PLEASE PRINT

Name _____

Street Address _____

City _____ **State** _____ **Zip Code** _____